# THIS GIRL

<u>BOLERO</u>: Phase 4 + 2 (Half Moon & Horseshoe Turn)

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Download available from iTunes.com

From the Album Hidden Gems - The Best Of Dionne Warwick, Vol. 2, track 17.

Speed: As on downloaded file Release Date: August 8, 2009

Footwork: Opposite throughout (Lady as noted).

Timing: <u>SQQ</u> throughout except as noted. (Timing reflects actual weight changes.)

Starts in Cuddle Position, Men Facing Wall.

# **INTRODUCTION**

#### 1-4 WAIT 2X;; HIP LIFT 2X;;

- 1-2 [Wait] In Cuddle pos. with men fc wall, lead ft. free, wait 2 measures;;
- 3-4 **[Hip Lifts S,-,-; S,-,-]** Sm Sd L, -, with sl pressure on R lift hip, lower hip; Sm Sd R, -, with sl pressure on L lift hip, lower hip;

#### PART A.

# 1-5 CROSS BODY; FWD BREAK; LEFT PASS (TO HANDSHAKE); HALF MOON;;

- 1 **[Cross Body]** Sd & Bk L comm LF turn, -, Bk R with slipping action cont. LF turn, Fwd L finish LF turn to fc COH (Sd & Fwd R, -, Fwd L XIF of M turning LF, sm Sd R to fc wall);
- 2 **[Fwd Break]** Sd & Fwd R to L. Op facing, -, Fwd L with contra check-like action, Bk R (Sd & Bk L, -, Bk R with contra check like action, Fwd L);
- 3 **[L Pass]** Sd & Fwd L to contra-sidecar comm to turn W RF, -, Bk R with slipping action, Fwd L trn LF to fc prtnr & wall joining rt hands (Fwd R trn 1/4 RF with back to prtnr & raising L arm straight up, -, Sd & Fwd L strong LF turn lowering L arm, Bk R to fc prtnr & COH joining rt hands);
- 4-5 [Half Moon] With joined rt hands Sd R comm RF turn with rt sd stretch slight "V" twd prtnr, -, cont RF turn slip Fwd L twd RLOD shaping to prtnr, Rec Bk R fc prtnr & wall (Sd L comm LF turn with L sd stretch slight "V" twd prtnr, -, cont LF turn slip Fwd R twd RLOD shaping to prtnr, Rec Bk L to fc prtnr & COH);
  Sd & Fwd L turning 1/4 LF with L sd stretch, -, slip Bk R shaping to prtnr, Fwd L cont. LF turn to fc prtnr & COH and comm. blend to bfly (Sd & Fwd R turning 1/4 RF raising L arm turning sl away from but shaping to prtnr, -, slip Fwd L in front of M turning 1/2 LF, Bk R cont turn 1/4 LF to fc prtnr & wall and comm. blend to bfly);

# 6-8 FENCELINE WITH ARMSWEEP; TURNING BASIC;;

- [Fenceline] In bfly pos. Sd R with body rise and start joined lead hands sweep motion up between prtnrs, -, cross lunge thru L with bent knee looking LOD and finish lead arm sweep twd LOD, Bk R to fc prtnr & sweep lowered lead arms to extend RLOD comm. blending to CP;
- 7-8 **[Trn Basic]** In CP Sd L turning sl RF, -, Bk R turning LF to fc RLOD with slip pvt action, Sd & Fwd L turning 1/4 LF to fc prtnr & wall (Sd R, -, Fwd L turning 1/4 LF with slip pvt action, Sd & bk R turning 1/4 LF); Sd R, -, Fwd L with contra check like action, Bk R (Sd L, -, Bk R with contra check like action, Fwd L);

#### PART A., CONT'D

# 9-10 START AN AIDA; AIDA WITH 2 HIP ROCKS;

9-10 [Aida & Hip Rks] Sd L to sl op "V" ext L arm, -, thru R, turning RF Sd L joining lead hands and comm. ext trailing hands; Bk R cont. RF turn to aida line, -, rock Sd & Fwd L rolling hip sd & bk and turning body LF to touch trailing hands, rock Sd & Bk R rolling hip sd & bk and turning body RF to ext trailing hands;

# 11-13 SWIVEL TO FACE & ROLL 2 TO REV; LUNGE BREAK; RIGHT PASS;

- 11 **[Svl & Roll]** Take wt on L swiveling LF to fc prtnr & touch trailing hands, -, Rel hands Sd R strong RF turn, Fwd L cont RF turn to fc prtnr & wall;
- [Lunge Break] Joining lead hands Sd & Fwd R with body rise to L Op facing, -, comm. sl RF body turn lowering on R ext L to sd & bk leading W back, comm. sl LF body turn rising on R to recover (Sd & Bk L with body rise to L Op facing, -, Bk R with contra check like action, Fwd L);
- 13 **[Rt Pass]** Fwd & Sd L comm. RF turn & raise lead hands to create window, -, XRIB cont RF turn, Fwd L to fc prtnr & COH (Fwd R, -, Fwd L comm. LF turn, Bk R cont LF turn under lead hands to fc prtnr & wall);

# 14-16 FWD BASIC; CROSS BODY; OPEN BREAK;

- 14 [Fwd Basic] Sd R with body rise, -, Fwd L with slip action, Bk R;
- 15 [Cross Body] Sd & Bk L comm LF turn, -, Bk R with slipping action cont. LF turn, Fwd L finish LF turn to fc wall (Sd & Fwd R, -, Fwd L XIF of M turning LF, sm Sd R to fc COH);
- 16 [Op Break] Sd & Fwd R with body rise to L Op facing, -, Bk L lowering, Fwd R (Sd & Bk L with body rise to L Op facing, -, Bk R lowering, Fwd L);

#### Repeat Part A.

# PART B.

# 1-4 LEFT PASS; HORSESHOE TURN;; REV UNDERARM TURN;

- 1 **[L Pass]** Sd & Fwd L to contra-sidecar comm to turn W RF, -, Bk R with slipping action, Fwd L trn LF to fc prtnr & COH (Fwd R trn 1/4 RF with back to prtnr & raising L arm straight up, -, Sd & Fwd L strong LF turn lowering L arm, Bk R to fc prtnr & wall);
- 2-3 [Horseshoe Turn] Sd & Fwd R with rt sd stretch to "V" pos, -, slip thru L with checking action cont. to shape to prtnr, Rec R raising lead hands (Sd & Fwd L with left sd stretch to "V" pos, -, slip thru R with checking action cont. to shape to prtnr, Rec L raising lead hands); Fwd L comm. LF turn, -, Fwd R comm. circle walk LF, Fwd L finish circle walk to fc prtnr & wall (Fwd R comm. RF turn, -, Fwd L comm. circle walk RF under joined lead hands, Fwd R finsh circle walk to fc prtnr and COH);
- 4 **[Rev UA Turn]** Sd R with body rise comm. leading W to turn LF, -, XLIF, Bk R (Sd L with body rise comm. LF turn under joined lead hands, -, XRIF cont. turn 1/2 LF, Fwd L compl. LF turn fc prtnr);

# 5-8 UNDERARM TURN; NEW YORKER; CRABWALKS (LOD) 2X;;

- 5 **[UA Turn]** Sd L with body rise comm. leading W to turn RF, -, XRIB, Fwd L (Sd R with body rise comm. RF turn under joined lead hands, -, XLIF cont. turn 1/2 RF, Fwd R compl. RF turn fc prtnr);
- 6 **[New Yorker]** Sd R with body rise, -, turning RF to L. Op pos. slip Fwd L twd RLOD, Bk R turning to fc prtnr & wall;
- 7-8 [Crabwalks] Blend to bfly Sd L twd LOD, -, XRIF, Sd L; XLIF, -, Sd L, XRIF;

# PART B., CONT'D

#### 9-11 SIDE TO PROMENADE SWAY; CHANGE SWAY; HIP LIFT;

- 9-10 [Prom Sway & Chg Sway S,-,-; -,-,-,-] Blending to SCP Sd L with left side stretch with body rise looking over joined lead hands, -, -, -;
  - Turning slightly LF and leading W to turn sl LF relax left knee no wt chg, -, -, -;
- 11 **[Hip Lift S,-,-]** In CP Sd R drawing L twd R, -, with sl pressure on L lift hip, lower hip;

Repeat Part A.

Repeat Part B.

#### **ENDING**

1-6 Repeat Measures 1-6 of Part A. ;;;;;

# 7-10 TURNING BASIC (END IN HALF-OPEN);; BOLERO WALKS 6 (TO FACE);;

- 7-8 **[Trn Basic]** Repeat meas. 7, Part A; Sd R, -, Fwd L with contra check like action, Rec Bk R to 1/2 Op LOD (Sd L, -, Bk R with contra check like action, Fwd L to 1/2 Op LOD);
- 9-10 [Bol. Walks] Fwd L, -, Fwd R, Fwd L; Fwd R, -, Fwd L, Fwd R comm. blending to CP fc wall;

# 11-12 HALF BASIC TO CUDDLE POS; SIDE TO HIP LIFT & HOLD;

- 11 **[Half Basic]** In CP fc wall Sd L with body rise, -, Bk R with slip action, Fwd L blending to Cuddle Pos;
- 12 **[Sd-Cuddle Hip Lift S,-,-]** Sd R drawing L twd R, -, with sl pressure on L lift hip, lower hip;

# THIS GIRL

**Bolero**: Phase 4 + 2 (Half Moon & Horseshoe Turn)

Starts in Cuddle Position, Men Facing Wall.

**INTRO:** WAIT 2X;; HIP LIFT 2X;;

<u>PART A:</u> CROSS BODY; FWD BREAK; LEFT PASS (to Handshake); 1/2 MOON;; FENCELINE WITH ARMSWEEP; TURNING BASIC;; START AN AIDA; AIDA WITH 2 HIP ROCKS; SWIVEL TO FACE & ROLL 2 TO REV; LUNGE BREAK; RIGHT PASS; FWD BASIC; CROSS BODY; OPEN BREAK;

<u>PART A:</u> CROSS BODY; FWD BREAK; LEFT PASS (to Handshake); 1/2 MOON;; FENCELINE WITH ARMSWEEP; TURNING BASIC;; START AN AIDA; AIDA WITH 2 HIP ROCKS; SWIVEL TO FACE & ROLL 2 TO REV; LUNGE BREAK; RIGHT PASS; FWD BASIC; CROSS BODY; OPEN BREAK;

<u>PART B:</u> LEFT PASS; HORSESHOE TURN;; REV UNDERARM TURN; UNDERARM TURN; NEW YORKER; CRABWALK (LOD) 2X;; SIDE TO PROMENADE SWAY; CHANGE SWAY; HIP LIFT;

<u>PART A:</u> CROSS BODY; FWD BREAK; LEFT PASS (to Handshake); 1/2 MOON;; FENCELINE WITH ARMSWEEP; TURNING BASIC;; START AN AIDA; AIDA WITH 2 HIP ROCKS; SWIVEL TO FACE & ROLL 2 TO REV; LUNGE BREAK; RIGHT PASS; FWD BASIC; CROSS BODY; OPEN BREAK;

<u>PART B:</u> LEFT PASS; HORSESHOE TURN;; REV UNDERARM TURN; UNDERARM TURN; NEW YORKER; CRABWALK (LOD) 2X;; SIDE TO PROMENADE SWAY; CHANGE SWAY; HIP LIFT;

<u>ENDING:</u> CROSS BODY; FWD BREAK; LEFT PASS (to Handshake); 1/2 MOON;; FENCELINE WITH ARMSWEEP; TURNING BASIC (End in Half-Open);; BOLERO WALKS 6 (to Face);; HALF BASIC TO CUDDLE POS; SIDE TO HIP LIFT & HOLD;